

A Partner's Guide to Breastfeeding Support

You may be wondering what you can do to support your partner if they decide to breastfeed. You can think of you and your breastfeeding partner as a team—you both have an important role to play. Every breastfeeding parent has different needs and their needs might change day-to-day. If your partner decides not to breastfeed or to stop early, your support remains very important.

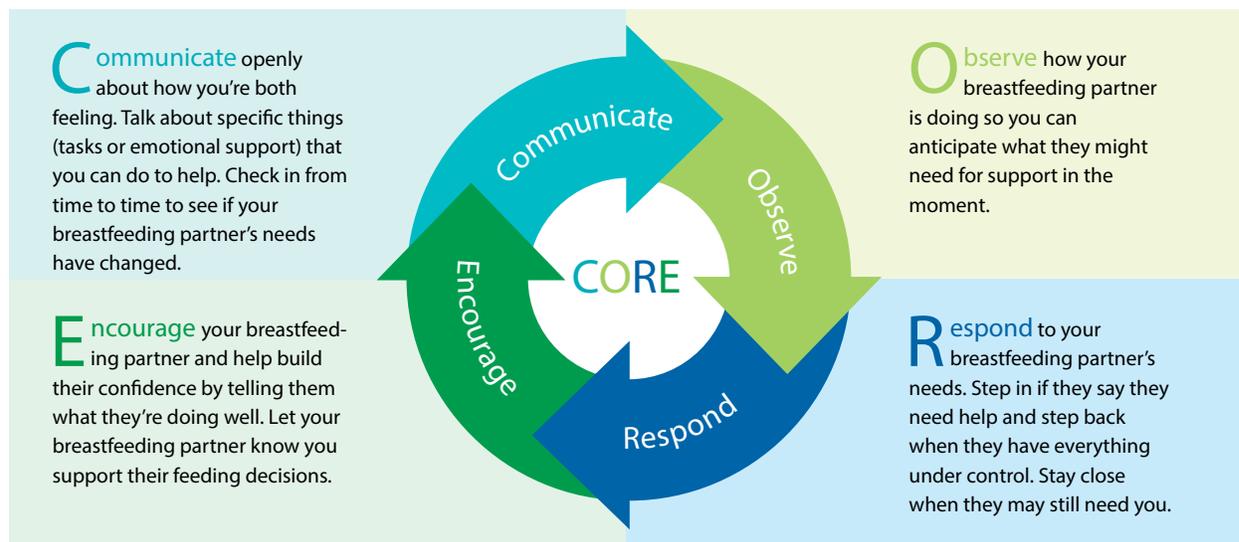
Talk with your breastfeeding partner often so you can know how they're feeling and what you can do to help them. Positive support from partners helps the breastfeeding parent feel good and helps them meet their feeding goals.

This father talks about his experience:

"When I went back to work after our baby was born, as soon as I got home each day, I'd start doing the cooking and washing. I worked really hard. One day my wife said, [...] what I really need is for you to take the baby for a half an hour so I can look after myself.' I'd thought I was doing what she wanted. I should have asked her."

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CORE Support for Partners



This mom explains how her partner provided support that responded to her needs:

"My partner would place a snack pack next to my breastfeeding chair with apples, muffins, and bottled water so when I got up to feed in the middle of the night they were already there."

With time and practice you, your breastfeeding partner and baby will become more comfortable with breastfeeding.

Accepting help from your family and friends and connecting with other breastfeeding parents can help you feel better and more supported.

Check out the resources below for more information:

Healthy Parents, Healthy Children healthyparentshealthychildren.ca

Call Health Link at **811** for breastfeeding, infant feeding and mental health advice and local resources